

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>Transportation: APPT. Day 1</b> 9:30 SAIL Fitness <b>10:30 Phone &amp; Tech Help</b> 12:00 Noon Cribbage 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) <b>2:00 Come Learn a New Board Game</b> 6:15 Mexican Train <small>Canada Day</small>	<b>Transportation: APPT. Day 2</b> 9:30 Cardio/Strength Fitness 10:30 Playing 8-ball & Darts 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 3:15 Resident Run Card Games 6:15 Triominos 7:00 Movie Night	<b>3</b> 9:30 SAIL Fitness <b>10:00 Red Wind Casino</b> 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 3:00 Needle Group 3:00 Cards: Bridge 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	<b>Happy 4<sup>th</sup> of July 4</b> 9:30 Sit & Fit DVD 10:30 Games in Bistro 1:00 Sit & Fit DVD  <b>4<sup>th</sup> of July Event starting at 6:00pm</b> <b>American Legion Band, BBQ, Big Band, Fireworks at Dusk</b> <b>Front of Building</b> <small>Independence Day (US)</small>	<b>5</b> 9:30 SAIL Fitness <b>10:00 Trader Joe's, UP</b> 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 6:15 Triominos 7:00 Movie Night	<b>6</b> 9:15 Support Run 2 Remember 9:30 Exercise <b>10:00 Ft Lewis PX/Commissary</b> 10:30 Board Games 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night <b>7:00 Bar Trivia Night w/Steve D</b> <b>Independence Day History</b>	
	<b>7</b> 8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Chair Yoga <b>1:00 McChord BX/Commissary</b> 1:00 Sit & Fit 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	<b>Transportation: APPT. Day 8</b> 9:30 SAIL Fitness <b>10:30 Theater Readers Group</b> 12:00 Noon Cribbage 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) <b>2:00 UNO Tournament</b> 6:15 Mexican Train	<b>Transportation: APPT. Day 9</b> 9:30 Cardio/Strength Fitness 10:30 Playing 8-ball & Darts 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 3:15 Resident Run Card Games 6:15 Triominos 7:00 Movie Night	<b>10</b> 9:30 SAIL Fitness <b>10:00 Fred Meyer, Lacey</b> 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 3:00 Needle Group 3:00 Cards: Bridge 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	<b>Transportation: APPT. Day 11</b> 9:30 Cardio/Strength Fitness 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) <b>4:30 Thirsty Thursday</b> 6:15 Mexican Train 6:30 Resident Run Card Games	<b>12</b> 9:30 SAIL Fitness <b>10:00 Walmart, Lacey</b> 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 6:15 Triominos 7:00 Movie Night	<b>13</b> 9:15 Support Run 2 Remember 9:30 Exercise <b>10:00 McChord BX/Commissary</b> 10:30 Board Games 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 3:00 Cribbage 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night
	<b>14</b> 8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Travelogue <b>1:00 Ft Lewis PX/Commissary</b> 1:00 Sit & Fit 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	<b>Transportation: APPT. Day 15</b> 9:30 SAIL Fitness <b>10:30 Brain Fitness</b> 12:00 Noon Cribbage 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) <b>2:00 Bean Bag Toss</b> 6:15 Mexican Train	<b>Transportation: APPT. Day 16</b> 9:30 Cardio/Strength Fitness <b>10:00 ACU Banking for Residents</b> <b>Lobby Conference Room</b> 10:30 Playing 8-ball & Darts <b>12:00 Lunch at the Landing</b> 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 3:15 Resident Run Card Games <b>7:00 Rod Koon &amp; Friends</b> <b>Music &amp; Wine Social</b>	<b>17</b> 9:30 SAIL Fitness <b>10:00 Tacoma Mall &amp; Lunch</b> 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) <b>2:00 Newcomer Welcome</b> 3:00 Needle Group 3:00 Cards: Bridge 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	<b>Transportation: APPT. Day 18</b> 9:30 Cardio/Strength Fitness 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Crafter Corner <b>4:30 Thirsty Thursday</b> 6:15 Mexican Train 6:30 Resident Run Card Games <b>7:00 History Stories w/Steve D</b> <small>AROWs</small>	<b>19</b> 9:30 SAIL Fitness <b>10:45 Tides Tavern, Gig Harbor</b> <b>Lunch overlooking water</b> 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 6:15 Triominos 7:00 Movie Night	<b>Where's Waldo Day 20</b> 9:15 Support Run 2 Remember 9:30 Exercise <b>10:00 Ft Lewis PX/Commissary</b> 10:30 Board Games 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night
	<b>21</b> 8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Chair Yoga <b>1:00 McChord BX/Commissary</b> 1:00 Sit & Fit 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	<b>Transportation: APPT. Day 22</b> 9:30 SAIL Fitness <b>10:30 Games in Bistro</b> 12:00 Noon Cribbage 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) <b>2:00 Songbirds 2024</b> 6:15 Mexican Train <small>VFW</small>	<b>Transportation: APPT. Day 23</b> 9:30 Cardio/Strength Fitness <b>10:00 Patriots Landing Book Club</b> 10:30 Playing 8-ball & Darts 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 3:15 Resident Run Card Games 6:15 Triominos 7:00 Movie Night	<b>24</b> 9:30 SAIL Fitness <b>9:30 Outing to Ed Hume's Garden</b> 10:30 Catholic Prayer Service 11:00 Communion <b>11:30 Cheryl Zabel, Harpist</b> 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) <b>2:00 Town Hall</b> 3:00 Needle Group 3:00 Cards: Bridge 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	<b>Transportation: APPT. Day 25</b> 9:30 Cardio/Strength Fitness 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) <b>2:00 Resident Birthday Party</b> <b>Music by Bob Wangen</b> <b>4:30 Thirsty Thursday</b> 6:15 Mexican Train 6:30 Resident Run Card Games	<b>Olympics Opening Ceremony 26</b> 9:30 SAIL Fitness <b>10:00 Lacey Shopping &amp; Lunch</b> <b>10:30 Opening Ceremonies</b> 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 6:15 Triominos 7:00 Movie Night	<b>Korean War Veterans</b> <b>Armistice Day 27</b> 9:15 Support Run 2 Remember 9:30 Exercise <b>10:00 McChord BX/Commissary</b> 10:30 Board Games 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night
	<b>28</b> 8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Travelogue <b>1:00 Ft Lewis PX/Commissary</b> 1:00 Sit & Fit 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	<b>Transportation: APPT. Day 29</b> 9:30 SAIL Fitness <b>10:30 Games in Bistro</b> 12:00 Noon Cribbage 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) <b>2:00 Songbirds 2024</b> 6:15 Mexican Train	<b>Transportation: APPT. Day 30</b> 9:30 Cardio/Strength Fitness 10:30 Playing 8-ball & Darts 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) 2:00 Bingo 3:15 Resident Run Card Games 6:15 Triominos 7:00 Movie Night	<b>31</b> 9:30 SAIL Fitness <b>10:00 Lakewood Towne Center</b> 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Sit & Fit (2 <sup>nd</sup> Session) <b>2:30 Island Breeze Dancers</b> 3:00 Needle Group 3:00 Cards: Bridge <b>4:00 - 7:00 Luau Dinner Buffet</b> 6:30 Cribbage 6:30 Bingo			